

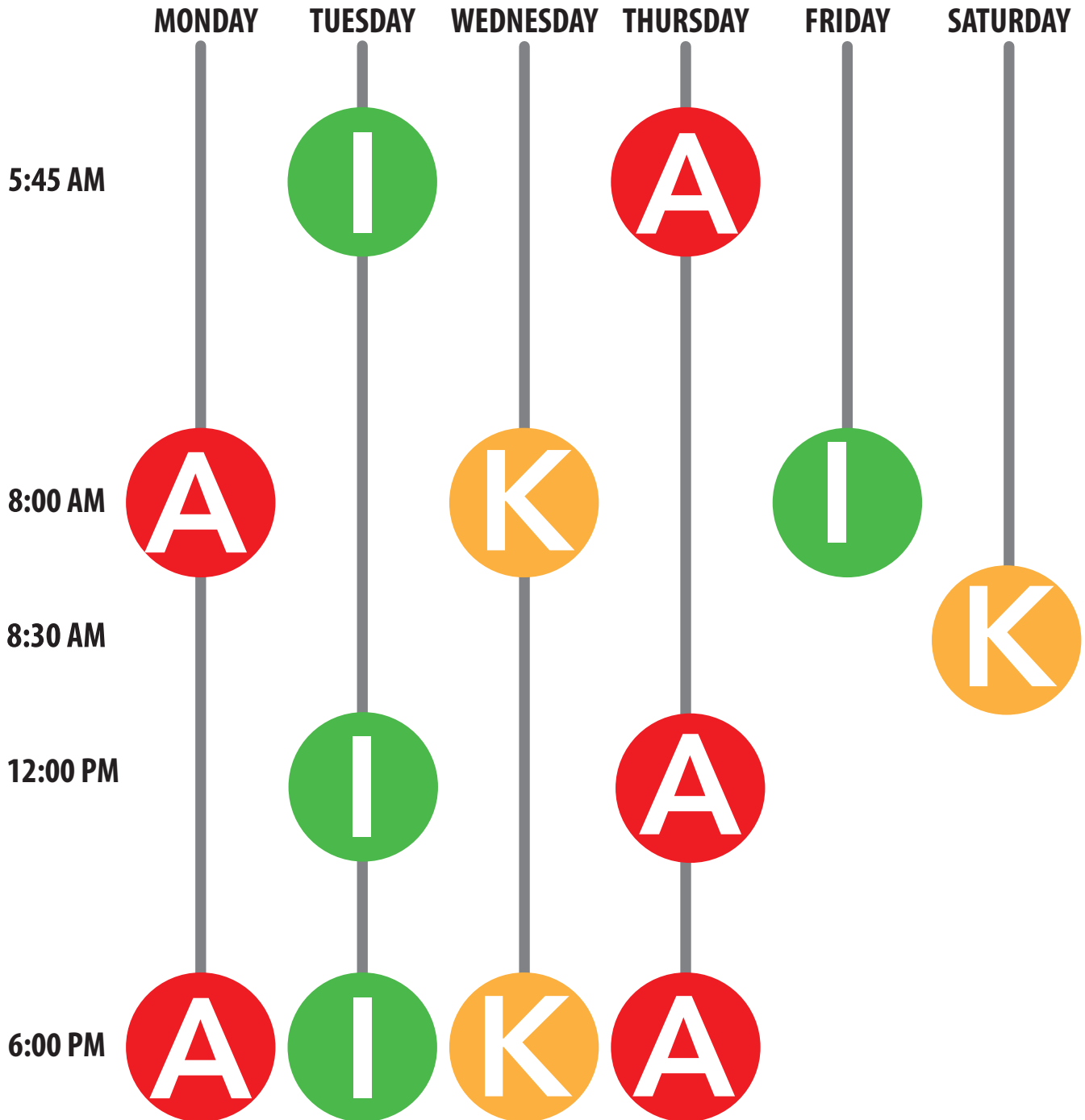


# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

UPDATED DECEMBER 2022

## TEAM TRAINING SCHEDULE



- A** = AFTERBURN
- K** = KINETICS
- I** = INDUSTRIAL STRENGTH

**TRAINERS**  
JOAN  
TRISTAN  
ELENA